I claim:

1. A method of exercising the limbs of a seated user, comprising the steps of:

a. providing a three-dimensional platform, said platform having a top surface connected to a bottom surface by a spring for providing resistance to a pushing force applied by a user,

wherein said spring provides a relative energy return of between 0.53 and 0.59,

b. positioning a limb of a seated user upon the top surface, and

c. treading the limb upon the top surface such that cycles of compression and restitution are achieved.

2. The method of claim 1, wherein the platform is sized to fit in the space provided underneath an airline seat.

3. The method of claim 1, wherein the platform is reversibly compressible to approximately 30-60% of an uncompressed height of the platform.

4. The method of claim 1, wherein the top surface of the platform is sloped.

5. The method of claim 1, wherein the platform further comprises a top surface and a bottom surface connected by two sets of opposing, parallel sidewalls.

6. The method of claim 5, wherein the top surface of the platform is sloped.

7. A method of exercising the limbs of a seated user, comprising the steps of:

a. providing a three-dimensional housing, said housing having a top surface and containing a filled bladder for providing resistance to a pushing force applied by a user,

wherein said filled bladder provides a relative energy return of between 0.21 to 0.80,

b. positioning a limb of a seated user upon the top surface, and

c. treading the limb upon the top surface such that cycles of compression and restitution are achieved.

8. The method of claim 7, wherein the housing is sized to fit in the space provided underneath an airline seat.

9. The method of claim 7, wherein the housing is reversibly compressible to approximately 30-60% of an uncompressed height of the housing.

10. The method of claim 7, wherein the top surface of the housing is sloped.

11. The method of claim 7, wherein the housing further comprises a top surface and a bottom surface connected by two sets of opposing, parallel sidewalls.

12. The method of claim 11, wherein the top surface of the housing is sloped.

13. The method of claim 7, wherein said filled bladder contains a gas.

14. The method of claim 7, wherein said filled bladder contains a liquid.

15. The method of claim 7, wherein said filled bladder contains a gel.

16. The method of claim 7, wherein said filled bladder contains a fiber.

17. The method of claim 7, wherein said filled bladder contains rubberized material.

18. The method of claim 7, wherein said filled bladder contains silicone material.

19. The method of claim 7, wherein said filled bladder contains a polymer.

20. The method of claim 7, wherein said filled bladder provides a relative energy return of between 0.53 and 0.59.